Worries Are Proof that You Are Living Life to the Fullest



2026

Lecture by
Keiko Takahashi

Schedule 1:00-4:30 PM (approx.) JST

Sun., Oct. 18	Kanamoto Hall (Sapporo Civic Hall)
Tue., Nov. 3 Holiday,	Osaka International Convention Center (Live Broadcast)
Sun., Nov. 8	Pacifico Yokohama National Convention Hall (Live Broadcast)
Sun., Nov.15	Niterra Japan Specialty Ceramic Industry Civic Hall (Nagoya Civic Hall) (Live Broadcast)
Mon., Nov. 23 (Holiday)	Video Presentation Conference Room of Kumamoto-Jo Hall

2026 Lecture by Keiko Takahashi

Worrying is not a sign of weakness; it is proof that you are living your life to the fullest.

Lecturer Profile Keiko Takahashi

As one of modern Japan's leading experts on the human mind, Keiko Takahashi has for over 40 years advocated the Study of the Soul, a practical philosophy for real life, and supported countless people on their life journeys. She hosts seminars for professionals across diverse fields, including business management, medicine, education, law, welfare, and the arts, cultivating new leaders who achieve spiritual growth and bring about social change. She presides over GLA, giving over 300 lectures annually and providing individual guidance. Since 1992, she has held public lectures in various locations, with a total of 1.8 million participants to date. She has profoundly impacted the lives of people across all generations and industries. In the current era of rapid AI advancement where efficiency and shortcuts are prioritized, she offers a unique perspective: human struggles are not to be cast aside but serve as a beacon illuminating the core of life and a gateway to a bright future. Driven by a sincere dedication to truly engaging with each individual, she consistently inspires heartfelt testimonials such as, 'My life has changed' and 'I can see hope now.'

Keiko Takahashi has published over 90 books including *The Book of Worries*, *Discovering the Light in Your Heart -12 Stories*, *The Mind Force*, *Your Other Self*, *Reclaim Your Life*, *The Two Doors*, *The Golden Path*, *The Power to Know Oneself*, *Reversing Destiny*, and *The Path of Prayer*.

Schedule Dates	Venues	Contact Information
Sun., Oct. 18	Kanamoto Hall (Sapporo Civic Hall)	011-241-5530
Tue., Nov. 3 (Holiday)	Osaka International Convention Center	06-4861-4762
	Live Broadcast: Hakusan Matto Cultural Hall PINO	076-260-1785
	Kurashiki City Tamashima Cultural Center	086-803-0350
	Fukuoka Small and Medium Enterprise Promotion Center	092-407-0025
	Hotel Jichikaikan Kagoshima	092-407-0025
Sun., Nov. 8	Pacifico Yokohama National Convention Hall	050-3535-0515
	Live Broadcast: Forest Sendai	022-748-4586
	Isaak Kosugi Cultural Hall Rapport (Toyama)	076-260-1785
	GLA Kochi Kaikan	086-803-0350
	Medikit Prefectural Cultural Center (Miyazaki)	092-407-0025
Sun., Nov. 15	Niterra Japan Specialty Ceramic Industry Civic Hall (Nagoya)	052-321-8167
	Live Broadcast: New Carina	022-748-4586
	Hiroshima Prefectural JA Building, 10th Floor Main Conference Room	086-803-0350
	Okinawa Convention Center, Building B, Conference Room B1	050-3535-0515
Mon., Nov. 23 (Holiday)	Video Presentation, Conference Room of Kumamoto-Jo Hall	092-407-0025

Note: The contact information above is not the phone number for the venue, it connects to the regional offices of the Keiko Takahashi Lecture Executive Committee.

Participation Fee

3,000 yen (open to all) Free for junior high school students and under

Registration

Please register at Keiko Takahashi Lecture Official Website:
www.keikotakahashi-lecture.jp
GLA members and those who were introduced by GLA members, please register from either of the following websites:

Cell phone website (available only in Japanese)
www.gla.jp/g/

Member's home page (available only in Japanese)
member.gla.or.jp/

Program (JST)

12 noon	Doors open
1:00 PM	Introduction of Speakers Talk Session
	Intermission
	Lecture by Keiko Takahashi
4:30 PM	End of the program (approx.)

Organized by:
Keiko Takahashi Lecture Executive Committee (GLA, TL Human Principles Forum, Sampoh Publishing)
TEL: +81-3-5828-1587 (10:00 AM – 5:00 PM)
Closed on Sat, Sun & National Holidays